

## Phillipa's Flapjacks

This creation came from a store cupboard clear-out...basically meaning you can flavour and use whatever you have. It just so happens that these are vegan and gluten free and sugar free.

500g medjoul dates - soaked in 500ml of hot water and mashed with a fork...leave for 30mins.

4 tbsp of coconut oil...added to the soaking dates so it melts

500g gluten free oats

3tsp ground ginger - or to taste

150g glace ginger...or you could chop up stem ginger from syrup...or even garnet fresh ginger in

3 to 4 grinds of black pepper (or use chilli)

Chocolate chips if you have them

Cranberries if you have.

In a food processor place the date the mixture in.

Add all the other ingredients and mix really well.

Line a baking sheet with greaseproof paper.

Spread out the mixture...I use a large sheet so the flapjacks are thin...

smaller tin means fatter ones..but I am not sure how long you would have to back.

For my large baking sheet I bake for 15mins in a 160 fan oven.

Deeeelicious and they keep for 5 days in a airtight tin.

Enjoy.